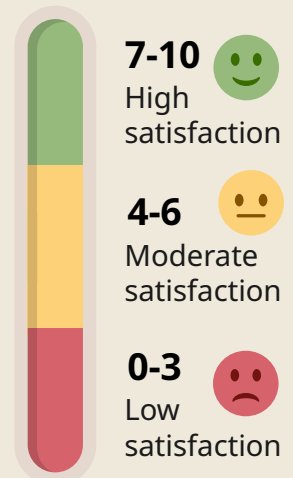


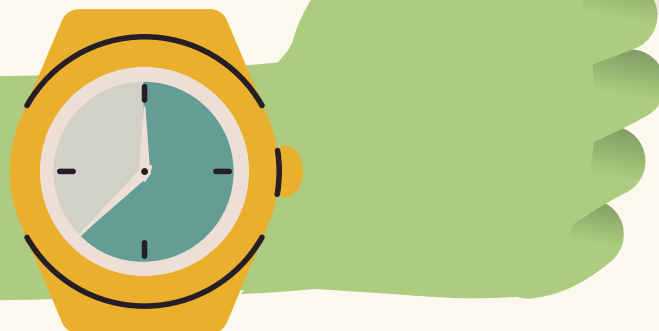
Satisfaction with time use 2022

With only 24 hours in a day, we're limited in how we spend our time. Satisfaction with time use examines how a person perceives the overall time they spend on daily activities, such as paid work, unpaid work and care, leisure or sleep.

High satisfaction with time use corresponds to a score of 7 or higher on a scale of 0 to 10.

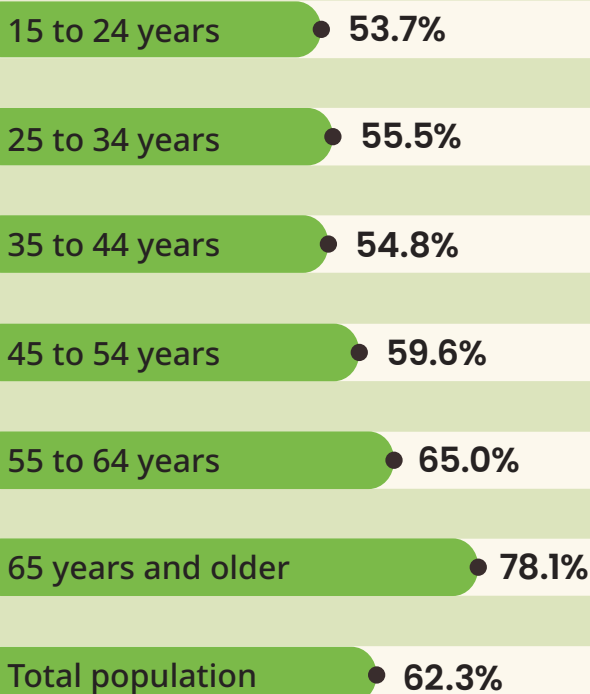


In 2022, most people in Canada (62.3%) were highly satisfied with how they used their time



Percentage of Canadians who were highly satisfied with their time use, by selected characteristics

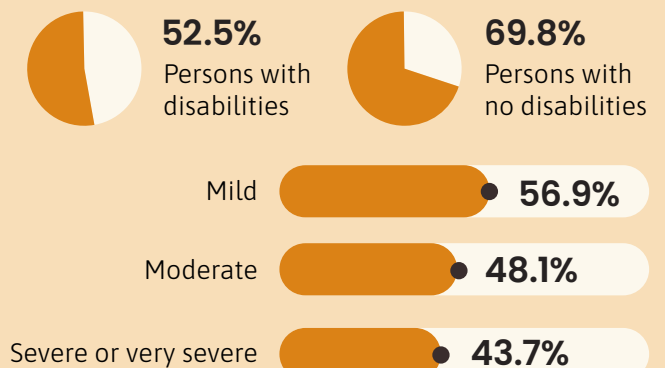
Age group



Area of residence



Disability status and severity



Note: The data in this infographic cover the population aged 15 years and older living in one of Canada's 10 provinces. They exclude institutionalized persons and residents of First Nations reserves.

Source: Statistics Canada, Time Use Survey, 2022.

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